

The Newport Navallog

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SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



BIRTHDAY PRESENT ARRIVING — A C-17 Airlifter flies low over U.S. military flags bordering Colbert Plaza, Naval War College, as part of ceremonies celebrating the 55th anniversary of the U.S. Air Force on Sept. 17. Story, Page 8.

Ron Fontaine/U.S. Navy photo



Navy Ball set Oct. 11

Naval Station Newport will host the 227th Navy Birthday Ball at the Officers' Club on Oct. 11. Tickets are now on sale.

—Page 2



NAPS parents visit campus

More than 600 parents and friends of Naval Academy Prep School midshipman and cadet candidates visit last weekend.

—Page 3



POWs/MIAs remembered

Naval Station Newport observes National POW/MIA Recognition Day with solemn ceremonies at Kay Hall.

—Page 9



Ron Fontaine/U.S. Navy photo

BILLY'S BROTHER — Command Master Chief Charles Blanks, brother of Tae-Bo fitness guru Billy Blanks, poses with a Navy diving helmet at the Senior Enlisted Academy, Tomich Hall.

Like brother in Tae-Bo, this Blanks is motivator

By **KATE HOWARD**
NAVSTA Public Affairs Staff

Command Master Chief Charles O. Blanks doesn't get teased too often by his classmates at the Senior Enlisted Academy. They mostly just want autographs.

Blanks, who has spent 10 of his 24 years in the Navy as a physical fitness coordinator on every squadron he's served, is not the only member of his family dedicated to physical fitness. His brother is Billy Blanks, creator of the Tae-Bo craze that has swept the nation with exercise classes and 22 different fitness videos.

Tae-Bo is a combination of boxing, calisthenics, and cardiovascular exercise created to help participants distribute body weight, lose fat, and gain muscle.

Blanks, who was stationed in Lemoore, Calif., helped his brother Billy on the weekends when he first opened his studio 20 years ago and began offering Tae-

Bo classes. When celebrities such as Paula Abdul and Wayne Gretzky began attending classes, Tae-Bo took off in popularity and videos followed. The first sold one million copies in five months.

Some of the 15 children in the Blanks' family have become involved in Tae-Bo since then, including one brother who teaches Tae-Bo in the Army, and two sisters who teach Tae-Bo with Billy.

Billy recently visited Naval Support Activity, Bahrain, to meet naval personnel and conduct Tae-Bo workshops.

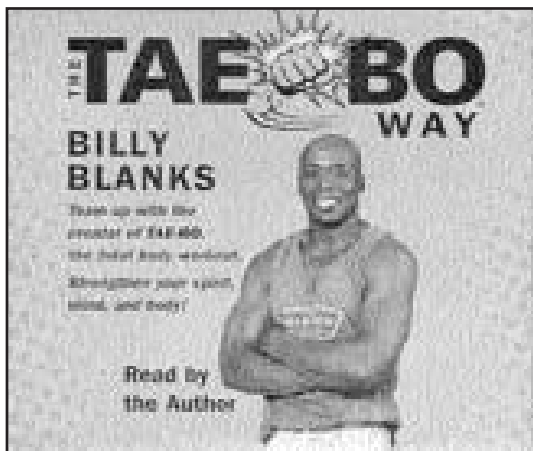
"I do most of the moves," Master Chief Blanks said of his brother's classes. "But I'm an old football guy. My bones crunch."

Blanks joined the Navy while in his second year of a football scholarship at Ohio University.

"They thought I was still at school," Blanks admitted about his time at boot camp.

"I told my mom when I graduated." She didn't talk to him for a month,

BLANKS, Page 13



ADVERTISEMENT by Billy Blanks advocates the Tae-Bo total body workout for fitness.

More road repaving scheduled at NETC

Some Naval Station Newport streets in the Nimitz Field area of the Naval Education and Training Center are closed this week for contract repaving, and repairs to curbs and sidewalks.

Kollmeyer Street in front of King Hall is closed to all but emergency vehicles, as the roadway and curbs will be removed entirely. Preparation work is scheduled to be completed on Oct. 4, and the road

paved Oct. 5.

Meyerkord Street will be split into two sections. From the connecting streets of Peary to Whipple, the road will be under construction Sept. 30 to Oct. 1, and paved on Oct. 2.

From Whipple to Kollmeyer Street, Meyerkord Street will be under construction Oct. 1 and 2 and paved on Oct. 3 and 4.

Elliot Street, from the con-

PAVING, Page 13

227th NAVY BIRTHDAY BALL

October 11, 2002
6 PM - MIDNIGHT
Officers Club

Join the celebration to honor the sea service from its colonial beginnings to its modern day glories.

Guest speaker
Rear Admiral Rodney E. Knapp
President, Naval War College

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A professional photographer will be available for portraits.

Tickets can be purchased at the Ticket Commission, Officers Club, or through your command point of contact.

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- \$20 for E-6 or O-6-S and below

For more information, call
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Navalog

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NAPS welcomes parents Special Olympians to sail for medals

By LT. JAMES HAMILTON
NAPS Public Affairs Officer

Nine weeks ago the members of the Naval Academy Preparatory School (NAPS), Class of 2003, began their journey toward their respective service schools — the U.S. Naval, Merchant Marine or Coast Guard Academies.

Approximately 75 percent of these young men and women left home for the first time. Since July, the candidates have been through indoctrination, character development training, inspections, a limited liberty policy, physical readiness tests, athletic competitions in football, soccer and volleyball, and a rigorous daily academic schedule including chemistry, physics, English and two calculus classes.

Last weekend, NAPS welcomed parents back to campus. Over 600 visiting friends and family came to the Newport area to see the campus and the Newport area described by their sons daughter in letters home.

Capt. Bruce Bole, Commanding Officer of NAPS, kicked off the weekend with ceremonies in Capt. Howard K. Kay Hall on Friday afternoon.

The candidates mustered in a Battalion formation around the perimeter of the gym with families seated front and center.

He spoke of all the accomplishments of the battalion thus far and how proud he was of each of the candidates. The parents were recognized by a large round of applause from the NAPS staff and students.

After the ceremony, the midshipman and cadet candidates showed their parents and friends Nimitz Hall, Perry Hall and Gym 302. After the tours, liberty was granted for dinner in town, or the beach and relaxation.

"It was a great weekend for the families to get out and tour the great city of Newport," said Lt. j.g. Patti Brady, 2nd Company officer and Parents Weekend coordinator.

On Saturday, the NAPS football team put its 3-0 record on the line against a team that NAPS has never defeated, Nassau Junior College. The game was played at Prichard Field.

Nassau ranks in the top five for all junior college teams. The NAPS battalion, friends and family provided a spectacular atmosphere for football, as the team clawed out 12-7 victory. (Sports story, Page 12)

"The bleachers were packed. The Parents Weekend crowd definitely motivated our team to the next level, and our hits just kept on com-



Ron Fontaine/U.S. Navy photo

GRAND TOUR — Coast Guard Cadet Candidate Shawn Goulet, center, gives his parents, Steve and Connie Goulet, a tour of the Nimitz Hall study lounge.



NAPS photo

QUARTERBACK Bo Bohannon (6) tries to sweep past the Nassau Junior College defensive line during their game on Prichard Field last Saturday. NAPS won, 12-7.

ing," said assistant coach, Ens. Michael Wag-
oner.

Liberty expired Sunday night at 6:30, and the midshipman and cadet candidates returned to their studies to become the nation's future Navy and maritime officers.

By KATE HOWARD
NAVSTA Public Affairs Staff

The seventh annual Special Olympics Rhode Island Sailing Regatta, will take place this weekend, Sept. 28-29, in Narragansett Bay.

Thirty to 35 volunteers from the Surface Warfare Officers School Command, Naval Station Newport, the Naval Education and Training Center, Naval War College, the Naval Ambulatory Care Center, and Naval Undersea Warfare Center will run the races and awards program.

The teams will use 12 Rhodes 19 sailboats from the Naval Station (NAVSTA) Newport Marina.

The regatta, sponsored by the Rhode Island Foundation for Children, will open with ceremonies Saturday at 9 a.m. Capt. Ronald Brinkley, Commanding Officer, SWOSCOL-COM, will speak.

Seventy-five Special

Olympians will compete north of the Newport Bridge. Each boat will be crewed by two athletes and two volunteer Navy coaches in unified teams from Rhode Island, Massachusetts, Connecticut and Virginia.

A dinner-dance will be held Saturday night at the Fleet Reserve Club, Connell Highway.

Medal rounds will be held Sunday morning, and the regatta will end at 3 p.m. with awards and closing ceremonies. A cookout will follow on Dewey Field.

Capt. Ruth Cooper, Commanding Officer, NAVSTA, will present the awards to the athletes.

To our readers

To post an announcement in *The Newport Navallog*, submit copy via guard mail (Code N01P), facsimile or hand delivery to our offices in Building 690 opposite the Naval Station (NAVSTA) Newport Main Post Office. Phone is 841-4921 and fax is 841-2265.

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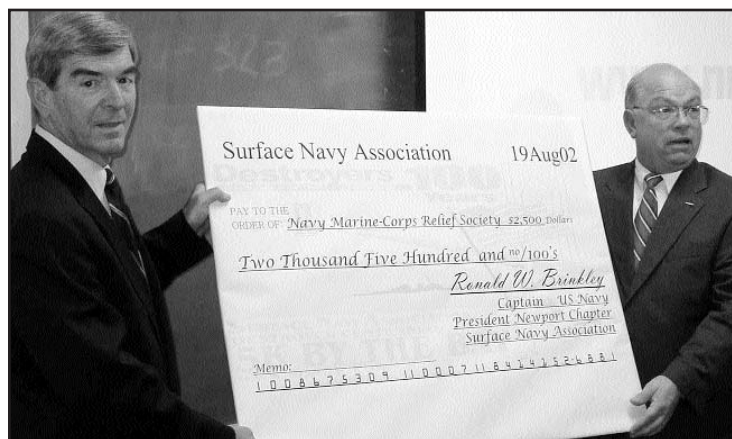
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YNC GinaMarie Doherty/U.S. Navy photo

CHECK THIS OUT — Retired Capt. W. Frederick Bronaugh Jr., left, of the Newport Chapter, Surface Navy Association, presents \$2,500 to the president of the Navy Marine Corps Relief Society, retired Adm. Jerome Johnson.

SNA 5k Run raises funds for Navy Relief

By YNC(SW) G. DOHERTY
SWOSCOLCOM Public Affairs Officer

The Surface Navy Association, Newport Chapter, presented \$2,500 to Navy Marine Corps Relief Society in ceremonies held recently in Arleigh Burke Hall, Surface Warfare Officers School Command (SWOSCOLCOM).

The check was presented by the association's vice president, retired Capt. W. Frederick Bronaugh Jr. to the society's President, retired Adm. Jerome

Johnson.

The money was raised during the spring Destroyer Centennial 5k Run. The run received 235 entrees and employed 20 volunteers.

Award ceremony participants included Cmdr. Rod Fraser, Lt. Cmdr. Christopher Saat, Lt. Carmelo Quijano, Lt. Edward Miller, Ens. Teresa Lawson, and Chief Machinist's Mate (SW) John Newcomb, all of Surface Warfare Officers School Command.

Postgraduate School grants 'Chair of Undersea Warfare'

A Memorandum of Understanding (MOU) has been signed between the Naval Undersea Warfare Center (NUWC) and the Naval Postgraduate School (NPS) establishing a Chair of Undersea Warfare/Director, Undersea Warfare Research Center at the prestigious Navy school.

According to NUWC's Commander, Rear Adm. John D. Butler, "The resurgence of interest in and the concern about undersea warfare as a component of littoral and expeditionary warfare has resulted in initiatives at the Post-graduate School to enhance the academic and research content in several curricula with undersea warfare (USW) related material."

The result of those initiatives, and the establishment of a USW Chair, places the Navy school as a major center of excellence for instruction, research, and analysis in the field of undersea warfare.

"The position is a non-tenure track or temporary assignment as Chair Professor of Undersea Warfare in the school's Wayne E Meyer Institute of Systems Engineering," said school Superintendent

Rear Adm. David R. Ellison.

Adm. Ellison added that the incumbent would also serve concurrently as the Director of the Postgraduate School's USW Research Center and provide counsel to the school's Systems Engineering Academic Committee.

Among the duties of the new Chair will be the review and execution of curriculum content, as well as identifying the need for research topics and conduct of direct studies in the mine warfare and anti-submarine warfare areas.

The chair will also provide wargaming support for the Office of Naval Research and other naval activities.

According to the MOU the appointment will be coordinated between the post graduate superintendent and NUWC commander.

The postgraduate school in Monterey, Calif., is a unique academic institution whose emphasis is on education and research programs that are relevant to the Navy, defense and national and international security interests.

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NACC recognizes top civilians

In a presentation ceremony Sept. 18, Capt. Andre M. Greedan, Deputy, Naval Ambulatory Care Center presented letters of commendation to the Junior and Senior Civilians of the Quarter. The second quarter encompasses the time period between April 1 and June 30, 2002.

The Junior Civilian of the Quarter, Teresa Dupont works in the Audiology and Ear, Nose, and Throat Clinics. Ms. Dupont troubleshoots hearing aid problems, and performs minor repairs.

This saved having patients wait while the devices are sent out for repair.



Ms. Dupont



Dr. Pouillon

Ms. Dupont handles all paperwork and the shipping of all hearing aids, allowing the audiologist to see about 500 more patients a year. Ms. Dupont has also been an advocate for patients who were not billed correctly for their hearing aids. She also took over the training for the Eye Clinic

when the position was left vacant.

Dr. Amy Pouillon, the Senior Civilian of the Quarter, while assigned as staff pharmacist, spearheaded efforts to develop a pharmacy intervention documentation tool to report performance improvement data to the pharmacy and therapeutics committee.

She also implemented a new pharmacy civilian prescription drop-off procedure, which permits patients to drop off their prescriptions and return in 24 hours for pickup.

This helped decrease pharmacy wait times and enhanced patient satisfaction.



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Announcements

Festival of Trees welcomes help

The Festival of Trees, a spectacular display of hand-decorated evergreens, is a 25-year-old tradition put on by military spouses during the annual Christmas in Newport celebration. All proceeds will benefit local charitable and non-profit organizations.

If you are interested in volunteering at the festival, making ornaments in preparation for the festival or just learning more about it, contact De Andrea Fuller at (401) 261-8184.

The calendar of events is as follows:

- Sept. 29, ornament making at the Armed Services YMCA (ASYMCA), 7 to 9 p.m.
- Oct. 3, small trees meeting, ASYMCA, 7 p.m.
- Oct. 10, Festival of Trees Committee meeting, ASYMCA, 7 p.m.
- Oct. 17, (social event) Vineyard Tour and Tasting at the Newport Vineyards, 6 to 8 p.m. (RSVP to De Andrea (401) 261-8184). \$6 per person
- Nov. 7, Festival of Trees Committee meeting, ASYMCA, 7 p.m.
- Dec. 4-6, Decorate for Festival of Trees at Naval Undersea Warfare Center (NUWC) gymnasium
- Dec. 6, Festival of Trees Preview Party, NUWC gymnasium (adults only), 7 to 10 p.m.
- Dec. 7-8, Festival of Trees, NUWC gymnasium, 11 a.m. to 5 p.m.

Blessing of the Animals

The Chapel of Hope at Naval Station Newport, in commemoration of St. Francis of Assisi, will sponsor a Blessing of the Animals on Friday, Oct. 4, between 1 and 5 p.m. All military members and their families are welcome to bring their pets to the chapel for a blessing.

In Catholic teachings, St. Assisi was the friend and protector of animals who confronted and tamed a fierce wolf that terrorized the village of Gubbio.

Anyone with questions may call 841-2234.

Force Protection at Alpha Plus

Naval Station (NAVSTA) Newport's current force protection level is at Alpha-plus, Security has announced. Gate 2 has reopened between 6 and 8 a.m. and 3 and 6 p.m.

Wilderness Challenge 2002 looking for tough teams

Muster a team of six shipmates, friends or family members and register today for the 19th annual Northeast Region Wilderness Challenge 2002, taking place at Submarine Base New London's Adventure Center.

The event takes place from Friday, Oct. 18 (early check-in and camp setup is allowed beginning at 3 p.m. on Thursday) to Sunday, Oct. 20.

Cost is \$150 per team entry and competition is open to all active duty, reserve, retired, Department of Defense and MWR civilians and their guests.

You must bring your own camping equipment (available for rent at MWR's Gear Rental), supplies and food; Fleet Recreation will provide all event gear.

Competitions include a trail run, paintball, rifle and pistol shoot, wood carving, log carry, tug-of-war and more! Space is limited, so gather your team and register today! No cost orders for travel, use of unit MWR funds and APF are authorized. For more information, contact Dan Tusinski at (617)242-5672 or DSN- 955-4958.

Uniform changeover Oct. 6

The official change to winter uniforms for all military personnel in the Navy Region Northeast will take place at 12:01 a.m., on Sunday, Oct. 6.

Naval Station Newport will

hold a Dress Blues pre-inspection on Oct. 2 at 7:30 a.m. behind NAVSTA headquarters Building 690.

In case of foul weather, the inspection will be in Building 68 Seaport Operations confer-

ence room.

Beginning Oct. 6 the authorized uniform of the day for Navy personnel will be Service Dress Blues (skirts for females). Marine Corps uniform is Service "A."



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Ron Fontaine/U.S. Navy photo

SAFETY CHECK — The Deputy Assistant Secretary of the Navy for Safety, Connie K. DeWitte, gets a tour of surface warfare trainers in Callaghan Hall on Sept. 20 with Capt. Ronald Brinkley, left, Commanding Officer, Surface Warfare Officers School Command; and Capt. David Labarbera, Director, of the SWOS Division Officer Course. Ms. DeWitte was briefed on how risk management and other safety training initiatives are incorporated into the training curriculum.

What's going on

Tune your speaking technique

Island Foghorns Toastmasters of Newport will hold their third meeting of the year on Oct. 1 from 7 to 8 a.m. at the Armed Services YMCA.

Island Foghorns Toastmasters have two meetings per month, the first Tuesday from 7 to 8 a.m. and the third Thursday from 12:15 to 1:15 p.m. There is a \$16 one time new membership fee or an \$18 prorated fee at \$3 a month. Dues are renewed in October and April.

Toastmasters is a communication and leadership program designed to help members become better public speakers.

Members learn important speaking techniques such as icebreaking, speaking with sincerity, organizing the speech, showing what you mean, vocal variety, working with words, applying your skills, adding impact to your speech, persuading with power, and inspiring the audience.

If you feel that your public speaking could use some work,

consider joining Toastmasters. It will help you learn about public speaking in a fun way. For more information call 841-2475.

TODAY, Sept. 27

- Lunchtime BINGO, at the Recreation Center, Building 656. Noon to 1 p.m. Also Thursdays.
- Fitness Equipment Orientation, FITNESS Plus, Building 355, 8, 9 and 10 a.m. Also, Wednesday and Friday mornings. Call 841-1474.
- Birds of Prey, Norman Bird Sanctuary, Third Beach Road, Middletown, 10:30 to 11 a.m., 846-2577.
- Movies, Recreation Center, beginning at 5 p.m.: *Divine Secrets of the Ya-Ya Sisterhood* (PG-13) and *Murder by Numbers* (R). Other movies are available and may be shown upon request.

SATURDAY, Sept. 28

- The Herreshoff Marine Museum and Save the Bay History Cruise, Newport, 10 a.m. to 3 p.m., 272-3540 ext. 133.
- Heyday, Watson Farm, Jamestown, 11 a.m. to 4 p.m.
- Fall camp-out, Norman Bird Sanctuary, 4:30 p.m., 846-2577.
- "Smooch Music," The Historic Kay Chapel, 8 p.m., 847-8412.
- Common Fence Music, Common Fence Point Community Hall, 8 p.m., 683-5085.
- Channing Music Series, Channing Memorial Church, 8 p.m., 846-0643.

SUNDAY, Sept. 29

- Chapel of Hope worship services: — Catholic mass, 9 a.m. and noon

Pharmacy Evolutions

Get prescription refills by phone

By **HM1 DERON JOHNSTON**
NACC Pharmacy Department

It is easy to get your medications refilled and avoid the wait times at the Pharmacy window — use the phone-in refill system!

Call 1-877-211-1126, a toll free number, and save 30 minutes or more.

Before calling, write down all prescription numbers (located in the upper left hand corner of the prescription label) for easy reference.

The phone line also provides a recording with up-to-date information about the pharmacy or medications.

Step 1 — The first option is to select a location to pick up the refills. Press 1 for the Groton Conn., Pharmacy; press 2 for the NACC Newport Pharmacy; press 3 for the Portsmouth, N.H., Pharmacy;

press 4 for the Brunswick, Maine, Pharmacy; or press 5 for the Ballston Spa, N.Y., Pharmacy.

Step 2 — The next option handles the request. Patients may select to refill a prescription; obtain drug information for a medication; receive hours of operation for the pharmacy; speak to a pharmacy representative during working hours; or leave a voice mail message. To refill a prescription, patients would press option 1.

Step 3 — Callers enter the last four digits of their sponsor's social security number, followed by the pound (#) key. The last four digits of the sponsor's SSN are located in the upper right hand portion of the pharmacy label as well as on the military ID card.

Step 4 — Next, callers must

input the numerical portion of the prescription number (located in the upper left side of the pharmacy label), followed by the pound (#) key.

Note that just the numbers are required, so if the prescription number is 'RXJ1234567' press 1-2-3-4-5-6-7-#.

Then callers press 1 to finish the transaction.

If there are no problems with the refill, the recording will specify the time and date the refill will be ready for pick-up.

If it is too early to refill the prescription, the recording will say so.

If the refill allotment has expired, or if the prescription has expired (over a year old), the recording will say so.

The recording will revert back to Step 4 so callers may refill other prescriptions.

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p.m. Come and learn how to read, understand and correct your credit report. Registration is required. Call 841-2283.

Entrepreneurism — This workshop will be held on Wednesday, Oct. 9, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center.

Participants will learn what it takes to start a business. Advantages and disadvantages will be addressed, as well as the steps needed for identifying the types of business to establish and financial resources for doing so.

Registration is required and may be made by calling 841-2283.

Relationship enhancement — The Fleet and Family Support Center is conducting a workshop for individuals and couples who would like to learn some proven ways to improve communication in their personal relationships. The five-session workshop begins Wednesday, Oct. 15, from 6:30 to 9 p.m. Call 841-2283 to register.

Early Childhood STEP (Systematic Training for Effective Parenting) — This five-week program is designed to give parents information about child development, practical discipline, communication strategies, ways to build self-esteem, and more. The program begins on Tuesday, Oct. 15, from 6:30 to 8 p.m. For

more information and to register, call 841-2283.

Your ticket to ride — You want to buy a new car. An image of your dream car hovers in your mind—it is shiny,

colorful, and purrs like a kitten. But, standing between you and your dream car is the dreaded car dealer. How do you get the best car for a fair price?

Come to the Fleet and Family Support Center on Thursday, Oct. 17, from 11:30 a.m. to 1 p.m. to find out how to gather your resources and be well informed.

Fleet and Family Support Center

out getting into debt.

The workshop will be held at the Fleet and Family Support Center on Thursday, Oct. 3, from 11:30 a.m. to 12:30 p.m. If you cannot attend the lunchtime session, another is scheduled for the same day from 5 to 6 p.m. Call 841-2283 to register.

Reading Your Credit Report — Good credit is an important part of financial planning. Establishing credit, correcting credit problems, and rebuilding good credit are important skills.

Credit reports are used not only by banks, loan companies, and credit card companies, but also by rental property agencies, potential employers, and can be part of a job security clearance process. Learn how to read, understand and correct your credit report.

A representative from Navy Federal Credit Union will be conducting this important class at the Fleet and Family Support Center on Tuesday, Oct. 8, from 11:30 a.m. to 1

'Home alone' seminar required for pre-teens

Bring your child to the Fleet and Family Support Center (FFSC) on Saturday, Oct. 26, from 9 a.m. to 12:30 p.m., for a program entitled, "Home By Myself."

This program is designed for both parents and children. Tips will be offered for parents who may be considering leaving their children home alone. Children will be provided safety tips and other useful information.

A video presentation, tips from fire and police department personnel, a basic first aid presentation by Naval Ambulatory Care Center personnel, and role-playing to see how children would handle emergencies are some of the

activities planned.

All children under the age of 13 living in Naval Station housing must complete the program before being left alone in the home. The program is intended to help parents make an informed decision as to a child's readiness to be able to stay home alone for short periods of time. Completion of this program does not certify that children are capable of staying home alone; that remains a parental decision.

The program will conclude with a pizza party and certificate presentations.

Children must be accompanied by at least one parent. Reservations are required and may be made by calling 841-2283.

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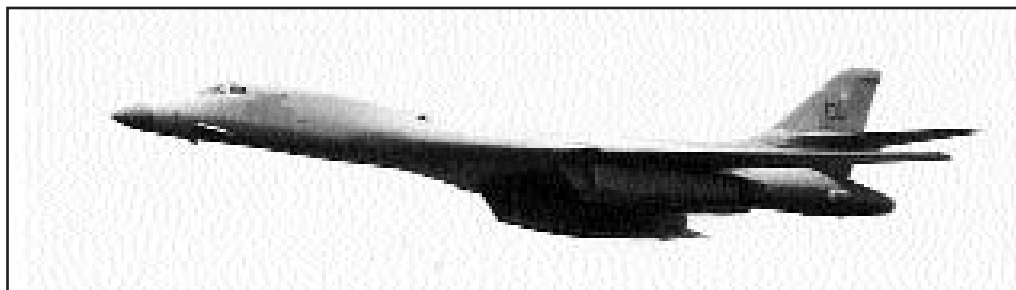
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A B-1 bomber roars overhead on low altitude approach to the Naval War College.

PROUD SALUTE — Retired Air Force Sgt. John Almeida of Middletown salutes during the presentation of colors at the USAF birthday anniversary celebration on Colbert Plaza, Naval War College, last week.



Ron Fontaine/
U.S. Navy photos

Air Force marks 55th year

U.S. Air Force students at the Naval War College observed the service's 55th anniversary in conjunction with National POW/MIA Recognition Day in ceremonies at the Naval War College on Sept. 17.

The commemoration included a flyover of military aircraft.

Rear Adm. Rodney P. Rempt, President of the Naval War College, and Col. Roger H. Ducey III, the Senior Air Force adviser to the college, spoke to students from all services and staff on Colbert Plaza.

"The Air Force is a vital component of America's joint combat team that has taken the fight to the enemy across the globe and assisted humanitarian operations whenever and wherever needed," said

Rempt.

"The ongoing terror war continues to demonstrate the critical contributions of precision air strikes. I am proud of the Naval War College's role in sustaining that excellence as we transform our military services to meet the national security challenges of the 21st century.

"For their courage and sacrifice on behalf of the country, the entire nation salutes our Air Force men and women for 55 years of honorable service and wishes them continued success."

"It seems fitting that we, the Air Force faculty and students at the Naval War College, commemorate the day in the company of our sister services," Col. Ducey said. "For, despite

our good-natured ribbing and sporting rivalry, it is only through the joint efforts of the Army, Navy, Marine Corps, Air Force and Coast Guard that we have the freedoms and security we enjoy today."

A flyover involved Air Force and Air National Guard aircraft. Those participating were F-15 and F-16 fighters, a B-1 bomber and a C-17 airlifter transport. The aircraft were visible from vantage points throughout Newport and Jamestown.

The National Security Act formally established the Air Force on Sept. 18, 1947. U.S. airpower history actually began in 1907 with the assignment of an aviation section to the Army Signal Corps and matured into the famed Army Air Corps of World War II.



TWO F-16s Fighting Falcons fly in formation over Colbert Plaza at the conclusion of ceremonies. National POW/MIA Recognition Day was also observed.

A NAVY AND MARINE color guard escorts the POW/MIA flag into Capt. Howard Kay Hall, Naval Station Newport, last Friday as ceremonies marking National POW/MIA Recognition Day begin.



Military pauses for POWs, MIAs

By ENS. JENNIFER BERG
NAVSTA Public Affairs Staff

Naval Station Newport military and civilian personnel observed National POW/MIA Recognition Day last Friday with ceremonies at Capt. Howard Kay Hall.

POW/MIA Day recognizes service members who were prisoners of war and who are still listed as missing in action. The solemn ceremony began with the parading and presentation of the colors by the Navy and Marine Corps color guard from the Broadened Opportunity for Officer Selection and Training (BOOST) program.

A ceremonial band from Navy Band Northeast played the National Anthem, and Chaplain (Lt. j.g.) Doyle Adams of the Naval Chaplains School gave the invocation.

Petty Officer Second Class James Legg from the Seaman to Admiral-21 (STA-21) program, listed the numbers of missing in action from every war. In all, the United States has 9,290 unaccounted military members across the globe.

The black and white POW/MIA flag was then marched alone to music played by the band.

A moment of silence followed for those who will never come home.

The names of all Rhode Island MIAs, from all wars, were read aloud. Echo Taps filled the hall as the MIA flag stood alone. At the last note, the flag was retreated to join the others at the back of the auditorium.

Cmdr. Jacklyn Webb, Executive Officer, Naval Education and Training Center, gave a few remarks on the importance of POW/MIA Day. She reminded everyone that the families are a living memorial to the one that was lost.

Capt. Ruth Cooper, Commanding Officer, Naval Station Newport, recalled once seeing a memorial to a former POW, Lt. Howard Rutledge. Though he was returned to his family he is now deceased.

However, that year on POW/MIA Recognition Day, the command invited another former POW and friend of Rutledge to speak about him and the time they shared.

"He said, 'It wasn't a matter if we were coming home, it was when we were coming home,'" Capt. Cooper said.

Capt. Cooper said we should all strive to be the leaders to inspire in our men that if they should become POWs that they will not be forgotten.

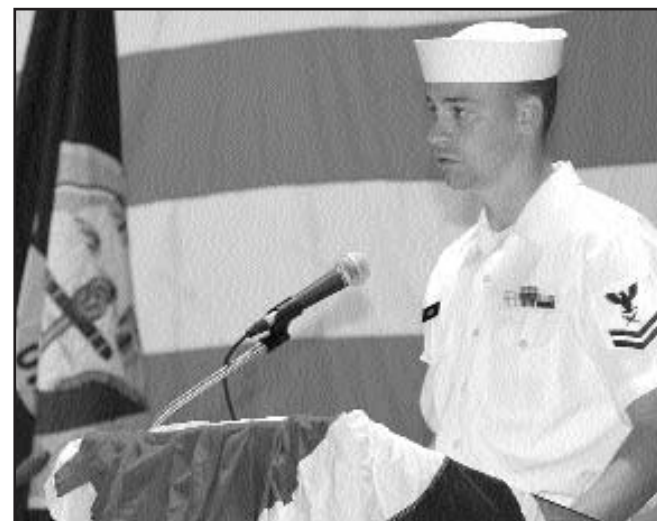
The ceremony ended with Chaplain Adams giving the benediction and the band



MARINES in the Broadened Opportunity for Officer Selection and Training (BOOST) program bow their heads in a moment of silence.



CMDR. Jacklyn Webb, Executive Officer, Naval Education and Training Center, speaks on the importance of National POW/MIA Recognition Day.



CRYPTOLOGIC Technician (A) Second Class James Legg, a student in the Seaman to Admiral-21/BOOST program, gives facts on the numbers of military members still missing in action for all wars.

playing the Navy Hymn.

In honor of National POW/MIA Recognition Day,

NAVSTA Newport flew the POW/MIA flag from the main flagpole outside the Com-

mand Headquarters Building 690, and also from 10 small flagpoles inside Gate One.

Naval Station Newport Dining

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections.

Tonight: Kick off the weekend right with a choice of Friday fun: Enjoy a fabulous outdoor barbecue or complimentary hors d'oeuvres every Friday from 5 to 7 p.m. Buy a beverage and receive a "free food" token good for a free hot dog or hamburger or, enjoy a free food buffet. Deck and Pub open at 4 p.m. Rocking DJ, Lou Pazienza spins tunes every Friday from 5 to 9 p.m.

Saturday: Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

Sunday: All hands Brunch, buffet-style, main dining room, 10 a.m. to 12:30 p.m. Reservations required.

Monday and Tuesday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5:30 to 8 p.m., Topside Pub Pasta Night. All-you-can-eat fresh cooked pasta, salad and warm garlic bread. Pub opens at 4 p.m. On Tuesdays, free movies at 6 and 8 p.m. in the Topside Pub.

Wednesday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5 to 7 p.m., Topside Pub, free sliced beef sandwiches. Buy a beverage of your choice and receive a food token redeemable for two sandwiches. Other items also available. Pub opens at 4 p.m.

Thursday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5 to 7 p.m., Topside Pub, Lobsters for Happy Hour. One-plus pound boiled lobsters, giant baked potatoes, hot and spicy wings, fresh garden salads, creamy clam chowder and buckets of steamed clams with drawn butter. Pub opens at 4 p.m.

events. Gratuity is included in all tickets prices and there is no charge for children age 3 and under at special events. Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or Master-

advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Head over to the deck tonight and every Friday night and kick off the weekend

with a dynamite deck party! Starting at 5 p.m., you are invited to enjoy grill-your-own complimentary hot dogs, hamburgers and much more, as you sip refreshing beverages, and listen to the coolest tunes, spun by "Deck D.J." Tim West.

The party moves inside in case of rain. So, mark your calendar, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

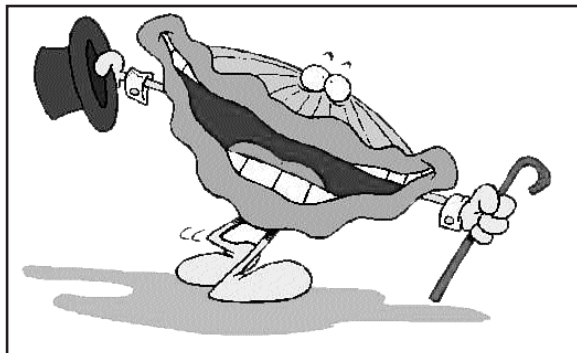
From 5 to 8, order our fish 'n chips dinner. Call for advance order take out.

Saturday: 11 a.m. to 11 p.m., Pub menu available all day.

Sunday: Noon to 8 p.m., Pub menu available all day.

Monday-Friday: Breakfast, 7:30 to 11 a.m., full menu featuring omelets, breakfast sandwiches, bagels, muffins, croissants and pancakes.

Lunch begins at 11 a.m., with daily specials and pub menu, including burgers, salads, sandwiches and more. Lunch and dinner is open to all hands and Department of Defense civilians are welcome.



FINAL CLAMBOIL — The final clamboil of the season, featuring an all-you-can-eat menu of New England favorites, will be Oct. 4 at the Officers' Club. Call 846-7987. See story this page.

Card.

Tonight: The fabulous Eight to the Bar will play after a special Friday edition of Lobsters for Happy Hour.

Enjoy a fabulous evening of dining on full Lobsters for Happy Hour a la carte menu featuring one-plus pound boiled lobster, steamers, BBQ chicken, giant Idaho baked potato, fresh garden salad and more!

Tickets are \$13 for adults, \$5 for children ages 4 to 12, and free to children under 3.

Oct. 4: Purchase tickets today for the final clamboil of the season featuring an all-you-can-eat menu of New England favorites!

Enjoy creamy clam chowder, stuffed quahogs, steamers, herb-roasted chicken, Italian sausage with onions, red bliss potatoes, corn on the cob, salad, fruit salad, warm corn bread and more!

This dinner event takes place from 6 to 9 p.m. and cost is \$24.10 for adults, \$11.45 for children 4 to 12, and free for children 3 and under.

Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for

Health Promotion Department

Fruits, vegetables your keys to health

By KRISTIN WILKES

Health Promotion Department NACC, Newport, RI

National 5-A-Day Week is this week, Sept. 22-28, so what better time to start increasing your daily intake of fruits and vegetables?

The good news is that more Americans are nearing the minimum of five servings a day for fruit and vegetable intake. Most adults and growing teens should actually consume up to 9 servings of fruits and veggies each day. The National Cancer Institute's theme for the week is "Eating 5 to 9 and Feeling Fine."

They are low fat, low calorie, cholesterol-free sources of important vitamins, such as A& C, fiber, and "phytochemicals." Phytochemicals are those "non-nutrients" that are promoted for giving us added protection against the development of certain cancers. Eating the minimum of five servings of fruits and vegetables a day, along with healthy diet and exercise plan, is so important in the fight against heart disease and cancer.

It's easy to get five servings a day. One serving of fruit equals 1/3 cantaloupe, 1/2 cup of 100 percent juice, 1/2 cup canned fruit, 1/4 cup dried fruit or one

small piece of fruit, about the size of a tennis ball. A single vegetable serving is one cup of leafy raw vegetables, 1/2 cup cup raw or cooked vegetables or 3/4 cup of vegetable juice.

Now that you know how small a serving size really is, here are a few tips from the American Dietetic Association to help get the recommended daily allowances and increase your intake of fruits and vegetables to meet the challenge.

- Enjoy a six-ounce glass of juice with a delicious bowl of cereal topped with sliced bananas or berries. Have a snack of celery or carrot sticks between meals.

- Fruits and vegetables are portable. Pack an apple, carrot sticks or raisins in the glove compartment, purse or briefcase for a quick boost of energy.

- Keep fruits and vegetables within reach. Put a bowl of fruit on the counter or place them in view when you open the refrigerator.

- Add lettuce, tomato, sprouts and sliced cucumber to your sandwiches.

- Serve two vegetables with dinner instead of one or include a salad.

- For dessert, bake an apple or pear and sprinkle with cinnamon.



TICKETS AT THE DOOR — You can still purchase tickets at \$13 each for tonight's special Friday edition of Lobsters for Happy Hour featuring the swinging sounds of Eight to the Bar! Music begins at 7:30.

GOOD FOOD! GOOD MUSIC!

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Upcoming Events:

Advance tickets may be required for the following

Leisure

Swimming

(Pool 307, 841-6628)

The fall/winter swim schedule follows:

- Water aerobics, Tuesday and Thursday from 4:45 to 5:45 p.m. Cost is \$3 per class or \$25 for 11 classes.

- Swim Lessons: Register at Pool 307 or Gym 109 for next eight-week session. Cost is \$40 per enrollee and lessons are available to swimmers of all experience levels, ages 18 mos. and up. Call for info.

- Recreational swimming:
 - Lap Swim for all authorized patrons (fees apply), Monday to Friday, 12:15 to 1 p.m.; Monday to Friday, 3 to 6 p.m.; Monday and Wednesday, 7:30 to 9 p.m.; Saturday, 7 a.m. to 3 p.m. and Sunday, noon to 3 p.m.
 - Open Swim for authorized patrons (fees apply), Monday, Wednesday and Friday, 3 to 6 p.m.; Saturday, 9 a.m. to 3 p.m., and Sunday, noon to 3 p.m.
 - Family Fun Swims, Friday 7:30 to 9 p.m. and Sunday, 3 to 5 p.m.; \$3 per family. Have a splashing good time with your air mats, wacky noodles and lifeguard-approved toys.

Bowling

(Building 656, 841-4293)

— Seaview Lanes fall/winter hours of operation

follow:

Monday, 5 to 9 p.m.; Tuesday through Friday, 5 to 10 p.m., Saturday and Sunday, 1 to 7 p.m. Every other Saturday night, 8 to 11 p.m. for Rock 'n Bowl.

Specials:

— 'Rock and Bowl' Oct. 5, \$7 per person, including shoe rentals. From 8 to 11 p.m., you can rock, roll and bowl at Seaview Lanes! It's affordable and it's fun, so don't miss out!

— Sunday special is \$7 an hour from 1 to 7 p.m. for two people.

— Bowling birthday parties available Saturdays and Sundays

and include reserved lanes with or without bumpers. A party table with chairs is also included. Cost is just \$5 for each child, including shoe rental.

— Bumper bowling is always available.

Special fitness programs & events

Youth fitness program — Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and Fitness Plus) are required to take a

mandatory resistance and aerobics training class prior to entering the facilities during the designated times.

This class is required for youth ages 10 to 15, and is also available for 16 and 17-year-olds who may choose to participate in the fitness assessment program.

The Youth Fitness Class is available on an individual basis by pre-registering at Gym 109 or Fitness Plus in Building 355. Parents are required to be in the building where the course is being held during all class sessions.

Complete details on this program and youth fitness policies are available at Gym 109. Call 841-7196 for information or to pre-register.

Aerobics/exercise

(FITNESS Plus, Building 355, 841-1474)

Current hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

- The fall schedule of group fitness classes is now in effect and includes new classes such as All Ball, utilizing the physio-ball; Pilates, incorporating exercises for core muscles and lengthening stretches; and yoga.

The schedule still contains a good variety of cardiovascular, toning and circuit training classes which are offered throughout the day. No need to pre-register. Classes are free to active duty, dependents, and active reservists.

DoD may participate for just \$1 to walk-in or purchase a punch card good for 30 classes for just \$25. Call or stop by for current schedule.



ROCK AND BOWL returns Oct. 5 at \$7 per person, including shoe rentals. From 8 to 11 p.m., you can rock, roll and bowl at Seaview Lanes. More information this page.

Ticket Connection

King Richard's Faire back in Carver, Mass.

Highwaymen, jousting knights, magicians, musicians, wenches, swordsmen and mimes are just a few of the characters that will greet you at King Richard's Renaissance Faire in Carver, Mass.

The Faire, held on an 80-acre site of woodlands and meadows, runs weekends ONLY to Oct. 20 and is a must-see for entertainment.

Discounted adult tickets for selected dates are priced at \$20 (\$22 at the gate) and are available at the Ticket Connection in Building 656. Tickets for children ages 5-12 may be purchased for \$11 at the gate.

Children under age 4 will be admitted free. Call 841-3116 for more information.

See Broadway musicals at discount matinees

The Ticket Connection in Building 656, has tickets available for several musicals coming to the Providence Performing Arts Center in Providence, R.I. Seating is located in the orchestra section for the Sunday matinee performances of the following shows:

Les Miserables, Nov. 3., 2 p.m. \$53

Miss Saigon, Jan. 12, 2003, 1 p.m. \$54

Phantom of the Opera, March 2, 2003, 2 p.m. \$65

Beauty and the Beast, April 3, 2003, 1 p.m. \$65

Tickets will be sold on a first come basis and, because of the limited number or tickets available, the Ticket Connection reserves the right to limit quantities.

Visit the Ticket Connection office in Building 656 to purchase tickets or call 841-3116 for more information.

See New York City under Christmas lights

Shop 'til you drop, amid the magnificent Christmas decorations in New York City on Friday, December 13! Join the Ticket Connection as we board the bus and head to the Big Apple for a dazzling day of shopping and sightseeing. Take in the spectacular Rockefeller Center Christmas tree with its 78,000 lights, visit famed toy store FAO Schwartz, or shop for the latest fashions—it's your day, your choice!

Trip price is just \$43 per person and space is limited. Register at the Ticket Connection, Building 656 or call 841-3116 for more information.

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Newport, RI 02840**

Next 5K By The Bay slated for October

The 68th running of the Newport classic, the Surface Navy Association "Destroyer Centennial" 5K By The Bay run and walk, will take place Friday, Oct. 18, at 5 p.m. at Naval

Station Newport grounds.

The proceeds of the race will go to benefit the Navy and Marine Corps Relief Society and the Newport Chapter of the Surface Navy Association.

The 5K run will start near Arleigh Burke Hall, loop around Coasters' Harbor Island and Coddington Point, then finish back at Arleigh Burke Hall.

Awards will be given for overall male and female winners, and the top two finishers in each individual and team division. Individual divisions will be by age groups, and

team divisions will be Mixed, Male and Female.

For registration information, contact Lt. Carmelo Quijano at Carmelo.M.Quijano@swos.navy.mil.



Courtesy MWR photo

TEE TIME—The first place winners in the final Morale Welfare and Recreation Department's summer scramble golf tournament at Richmond, R.I., Country Club on Sept. 20 pose with their gifts. From left are Tom Conheeny, Dave Burnes, Don Page and Rob Kielbasa. Second place winners were Michael Lavigne, Andy Smith, John Hensel and Wade Blackwell. Third place team consisted of Mike Edwards, Dave Reynolds, Ned Woolfolk and Bob Roome. Thirty teams participated, and more than \$1,000 in prizes were donated. The tournament was sponsored in part by T-Mobile USA.

Gear Rental

Get hooked on fishing with our rods, reels

Did you know saltwater fishing in Rhode Island does not require a license?

But fresh water fishing requires a license and the fee for active duty personnel is the same as Rhode Island residents – just \$9.50. The licenses are available at local bait shops.

Morale, Welfare and Recreation Department's Gear Rental, Building 303, offers a variety of fishing rods and reels to meet all your fishing needs. Call 841-2568 for more information.

Explore the island on a rented bicycle

Sunny, cooler weather is finally here, and now is the perfect time to rent a bicycle and head around the island!

Morale, Welfare and Recreation Department's Gear Rental, located in Building 303, has bicycles for rent, complete with a helmet and lock for just \$11 per day for active duty or military retirees and just \$12.25 per day for DoD civilians.

Supplies are limited, so reserve early! For more information, call 841-2568.

Intramural football

The Naval Station Newport Intramural Football League results as of Sept. 20 follow:

Sept. 17

JOA def. SWOS Delta, 42-40

Sept. 18

REDCOM def. SWOS Alpha, 26-14

Sept. 19

SWOS Bravo def. NUWC Nerds, 19-7

Standings

JOA.....	1-0
REDCOM.....	1-0
SWOS Bravo.....	1-0
SWOS Alpha.....	0-1
SWOS Delta.....	0-1
NUWC Nerds.....	0-1
Helmets.....	0-0
SWOS Charlie.....	0-0
NACC.....	0-0
S-Birds.....	0-0

Rams overrun Nassau, give parents treat

The Naval Academy Prep School's football team last Saturday put away New England small school powerhouse Nassau Junior College, 12-7, before a raucous Parents Weekend crowd. It was the Rams' fourth straight win this season under head coach Bryan Brouse.

On Navy's second drive, run-

ning back Charlie Smith scored on a seven-yard run. The play featured a magnificent pitch from quarterback Midshipman Candidate Bo Bohannon.

Smith finished the day with 45 yards on four carries.

NAPS second score came on **FOOTBALL, Page 13**

NAPS booters hone skills on Massasoit

The Navy Academy Prep School (NAPS) soccer team opened its season strong with a 4-1 win over Massasoit College from Brockton, Mass., on Sept. 12, and have won every game since.

The NAPS team has beaten Tufts University, 1-0; Mitchell College, 2-1, at Prichard Field; Dean College, 5-3; and the U.S. Coast Guard Academy, 2-1.

Five minutes after the opening touch and 30 yards out, the Rams' Eric Miller pulled the trigger sending a ball ricocheting off one of the Massasoit players for a 1-0 lead.

A short time later NAPS knocked another ball in off a well served cross from the Rams' Sean Allen to teammate Kevin Krmopotich.

Massasoit answered with only three minutes left in the first half. The visitor's Albert Raymond received the ball at the top of the NAPS box and fired, finding the back of the net.

The period ended with NAPS

on top, 2-1.

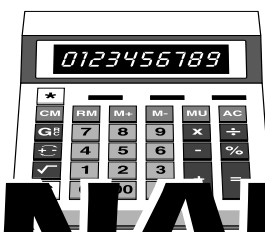
The second period started almost the same as the first. At the 2:30 mark, NAPS scored on a corner kick. Navy's Margaret Curran drove the ball toward the goal and found teammate Bradley Feige. Feige's header put the NAPsters up on top for good.

Stapleton finished out Navy's scoring when he broke free in the Massasoit backfield and put the game out of reach with a well placed final goal.

"The team can be proud of its first win and the way it played," said assistant coach, Chief Paul Bergen. "The backfield of Allen, Feige and Michael Modeer allowed only one goal, scored one and prevented the Warriors from mounting any significant offensive action on their end of the field."

A strong midfield of Miller, David Barriga, Curran, John Reynolds and Garth Davidson maintained control of the

SOCCER, Page 13



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Tomahawk fired from attack sub

PATUXENT RIVER, Md. (NNS) — A U.S. Navy Tomahawk cruise missile was launched Sept. 18, from USS Miami (SSN 755), a submerged Los Angeles-class submarine underway in the Jacksonville, Fla., area.

The missile flew a land attack mission, launching from a point in the Atlantic sea ranges east of Jacksonville. It then flew an east-to-west course across the northern sector of Florida, out over

Navy-wide news

the Gulf of Mexico, turned north across the panhandle of Florida and safely terminated on the Eglin Air Force Base Test Range.

Seconds after launch from the submarine's vertical launch system, the Tomahawk missile transitioned to cruise flight. It flew a fully guided 449-mile test flight using digital scene matching area correlation and global positioning satellite navigation to a target and recovery site on the Eglin range.

The missile's parachute recovery system was activated as planned. The missile was safely recovered and will be refurbished for future use.

DD(X) program back on track

WASHINGTON (NNS) — With resolution of the DD(X) bid protest, Northrop Grumman is on track to complete the DD(X) system design and associated engineering development models (EDM) by 2005.

The scope and complexity of the design work, which includes development and integration of new hull and ship systems as well as advanced combat systems, is unprecedented for a U.S. Navy surface combatant.

Northrop Grumman is responsible for the total ship system design, as well as development and testing of 11 EDMs.

While the DD(X) system design work is proceeding, the EDMs will be built and tested in parallel for key systems such as the integrated power system (IPS), the advanced gun system (AGS) and an integrated radar suite.

A second shipbuilder, Bath Iron Works, will perform DD(X) design and test activities as a subcontractor to Northrop Grumman, thus ensuring that both shipbuilders can compete on an equal basis for the next

contractual phase.

Amphib Sailors go ashore with Marines

ABOARD USS JUNEAU, At Sea (NNS) — Marines forward deployed on U.S. Navy ships see first hand how Sailors live and work on a ship.

But on Sept. 13, USS Juneau (LPD 10)

Sailors went ashore with Marines to experience and learn how they work in the field during a semiannual exercise being conducted in the vicinity of Okinawa, Japan.

Blue-Greens is a joint exercise between the Essex Amphibious Ready Group and the 31st Marine Expeditionary Unit (MEU).

Although Marines and Sailors work together to reach common goals, few Sailors travel with the Marines to land. The MEU invited Sailors from the USS Juneau, USS Essex (LHD 2) and USS Fort McHenry (LSD 43), to participate in a day referred to as, "John Wayne Day."

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